

Breakfast Meal Pattern 2019-20

6-Day Week

| | Grades K-5 | Grades 6-8 | Grades K-8 | Grades 9-12 | Grades K-12 |
|---|--|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|
| Fruits (cups) ^{a c e} | Weekly: 6 cups Daily: 1 cup | | | | |
| Vegetables (cups) ^{a c d e} | 0 cups required daily There is no separate requirement to serve vegetables in the SBP. Schools may substitute vegetables for fruit. | | | | |
| Grains (oz eq) ^{b f} | Weekly: ≥8.5 oz eq Daily: 1 oz eq | Weekly: ≥9.5 oz eq Daily: 1 oz eq | Weekly: ≥9.5 oz eq Daily: 1 oz eq | Weekly: ≥11 oz eq Daily: 1 oz eq | Weekly: ≥11 oz eq Daily: 1 oz eq |
| Recommended Target Maximum for Grains: 12 oz eq per week for all age-grade groups | | | | | |
| Meats/Meat Alternates (oz eq) ^{b g} | 0 oz eq required daily There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit the item towards any component. | | | | |
| Fluid milk (cups) ^h | 1 cup daily for all age-grade groups | | | | |
| Other Specifications: Daily Amount Based on the Average for a 6-Day Week | | | | | |
| Min-max calories (kcal) ^{i j} | 350-500 | 400-550 | 400-500 | 450-600 | 450-500 |
| Saturated fat (% of total calories) ^j | <10 | | | | |
| Sodium Target 1 (mg) ^j | ≤540 | ≤600 | ≤540 | ≤640 | ≤540 |
| Trans fat ^k | 0 grams/serving | | | | |

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- c. Dried fruit credit double their volume (e.g. ¼ cup of dried fruit credits as 1/2 cup of fruit); No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength juice.
- d. Leafy green vegetables credit half their volume (e.g. 1.0 cup of leafy greens credits as 1/2 cup of vegetables).
- e. Schools must offer 1.0 cup of fruit or vegetables daily and 5.0 cups of fruit or vegetables weekly.
- f. Half of weekly grains must be whole grain-rich.
- g. There is no meat/meat alternate requirement. Schools may substitute 1.0 oz eq of meat/meat alternate for 1.0 oz eq of grains after the minimum daily grains requirement (1.0 oz eq) is met.
- h. Unflavored or flavored fluid milk must be low-fat (1%) or fat-free (skim).
- i. The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- j. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Sodium Target 1 (shown) is effective through SY 2023-2024.
- k. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.